



2011 Fossil Trace Instructional Program

Play Better Golf & Have More Fun!

It's All About the Short Game

Kathleen Heiney, LPGA – Fossil Trace Instructor

How many times have you heard the phrase “It is all about the short game” It doesn’t matter how far you hit the ball, the game within the game happens around the green. As an instructor I spend many hours on the range. However, I don’t see too many people spending a whole lot of time on their short game. As part of my teaching, I always include one or two lessons around the green and out of the bunker. It is not how far you can hit your drive that really matters; it’s about what happens from 100 yards and in.

A good short game, in my opinion and for most golfers, is the key to a low scoring round of golf. Many golfers struggle around the greens because they believe two popular myths:

MYTH 1: “Keep your body still.” MYTH 2 “Control the ball with your hands and arms”.

Pitching the ball and holding your body still and only allowing the hands and arms to move will not allow for good rhythm in your swing. By holding your body still while pitching will turn your swing into a stiff, robotic motion, destroying feel and making it difficult to achieve solid contact. A pitch shot always needs some movement to support the club’s fluid motion. Try not to force your body to move, but allow it to flow with the momentum of your swing. By accomplishing this flow you will have better rhythm and make more consistent contact. In addition, always remember to create a good solid finish with your pitch shot, facing your target as you complete your swing.

Chipping, pitching and putting are three major components to a good round of golf. So as you approach the green remember, slow down, take a practice swing, soften your elbows and feel the distance from the ball to the hole.

Notice the subtle leg movement throughout the pitch shot. Developing a rhythm with the lower body is key.



To schedule a lesson with Kathleen Heiney or any of the Fossil Trace Golf Professionals, call (303) 277-8750 or visit fossiltrace.com. You can also e-mail Kathleen directly at linc2kh@comcast.net.

